



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FLYING HIGH TOGETHER AS ONE TEAM



Girls' Competitive Gymnastics VERMILION FAMILY YMCA

Open House: Monday, 5/15/17 from 5:30-6:30

- Watch current team gymnasts in action
- Chat with coaches and get your questions answered
- Enjoy snacks, drinks, and an activity for your gymnast
- Register for summer session and competitive season

Program

- Ages 5+
- Beginners welcome -- come ready to learn new things!
- Two practices per week of 1.5 hours each
- Daily strength-building, skills practice, and mental development
- Customized routines on vault, uneven bars, balance beam, and floor exercise
- 5-7 competitions per season (August-June)
- Building a positive team spirit, a safety mindset, and lifelong friendships

Questions? Contact:

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